



# 40. Brockenlauf 2010

Ilseburg / 04.09.2010

## Detailed evaluation

Hentrich, Olaf

Club: Langenstein

Number: 533

Course: 10.00 km

Ilsesteinlauf

Category:

Männer M40

Total time: 56:35

Speed: 10.60 km/h

Running performance: 5:40 min/km

Rank in course/Total: 86 (of 135)

Rank in course/Men: 65 (of 85)

Best time in course: 34:06

Rank in category: 8(of 9)

Best time in the category: 37:58

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	27:53	6:48	9	8:36	64	11:18	4.10	27:53	6:48	8	8:36	12	1:36
Lap 1	1.60	8:27	5:16	9	2:45	64	3:24	5.70	36:20	6:22	8	11:20	12	1:57
Last lap Finish	4.30	20:15	4:42	8	7:17	69	7:48	10.00	56:35	5:39	8	18:37	65	22:29